



Talking Points and Focus Group Questions about Being and Staying Healthy

Good morning and welcome to WIC. My name is _____

Today, our class/discussion will be about what helps you to be and stay healthy. At the end of the class/discussion, you will receive _____ for your participation.

WIC staff and doctors in _____ County are inviting you to share your ideas and opinions about health. The information that you share with us will be used to plan new ways for WIC and local doctors better serve you and your families.

We will discuss 5 questions about health and all information that you share will be kept confidential. There is no right or wrong answers.

Lastly, your participation will not affect your WIC benefits in any way.

Does anyone have questions at this time?

Rules:

1. Speak from your own experience instead of generalizing ("I" instead of "they," "we," and "you").
2. The goal is not to agree -- it is about hearing different ideas
3. Be aware of body language and nonverbal responses -- they can be as disrespectful as words.
4. What is said in this room stays in this room...no gossiping.

Questions for WIC Participants:

1. What do you think a healthy person looks like?

Motivational Interviewing Activity:

Health Scale of 1(worst state of health) to 10 (perfect health):

- Where would you place yourself on this scale of 1 to 10?
- Did anyone select 1, 2, 3, or 4? If not, what are you doing that makes you select number higher than 1, 2, 3, or 4?
- Did anyone select 10? 9? 8? If not, what are you doing that prevents you from selecting 9 or 10?

2. What do you feel has helped you to be or stay healthy?

3. What do you think has gotten in the way of you being or staying healthy?

4. How can WIC and your doctor help you to look and stay healthy?

5. What else do you think would help you to be or stay healthy?